

Week 10 Outline	Video Topic	Points to Emphasize	Handouts/Supplies
<ol style="list-style-type: none"> 1. Check attendance. 2. Distribute name tags. 3. Show Week 10 DVD. 4. Review “Points to Emphasize.” 5. Collect name badges. 	<ul style="list-style-type: none"> • Medication that may need to be increased or decreased since becoming a non-smoker • Things that have happened since becoming a non-smoker 	<ol style="list-style-type: none"> 1. Don’t think that everything that’s happened to you since becoming a non- smoker is because of not smoking. Don’t risk your gain by thinking you can have just one cigarette. 2. Things that are due to not smoking: <ol style="list-style-type: none"> a. Increased ability to absorb oxygen and breathe easier b. Premature aging lines dissipate c. You smell better d. Increased endurance e. More relaxed f. Taste better g. Decreased sinus problems h. Thoughts of cigarettes continue, but less frequent 3. CDC Report for Kentucky: <ol style="list-style-type: none"> a. 25.2% of the adult population (aged 18+ years) over 822,000 people are current smokers. KY ranks 49th in the US for smoking rates. b. Among youth aged 12–17 years, 15.9% smoke in Kentucky.KY is the worst state for youth smoking rates. 4. Some medicines may need to be adjusted – talk with your doctor. 5. Your body is adjusting to a new life without cigarettes. <ol style="list-style-type: none"> a. Alcohol and caffeine are metabolized more slowly in non-smokers. Caffeine is metabolized 2 ½ times faster in a smoker; 6 cups of coffee now = 15 cups. b. Control food intake and exercise. c. You are still at high risk for relapse-continue coming to support group. 6. Continue 7 mg patches 1 more week or if on 4mg gum or lozenge no more than 3 pieces/day next week. 7. Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed.” 	<p><u>Handouts:</u></p> <ul style="list-style-type: none"> • Attendance sheet • Name badges • DVD/TV • DVD 9:00 <p><u>Handouts:</u></p> <ul style="list-style-type: none"> • Medicine Adjustment Sheet

